



California Wing Civil Air Patrol

Quarterly Safety Bulletin

4th Quarter 2008

October 26, 2008



Bird's Eye View on Safety

Col. Kenneth W. Parris, CAP

California Wing Commander

Heat, Humidity and You: Preventing Heat Injuries

Is the heat making you sick?

The heat index is the temperature the body feels when humidity is taken into account. The chart shows the heat index that corresponds to the actual air temperature and relative humidity.

	Relative humidity					
	90%	80%	70%	60%	50%	40%
Air temperature						
80°	85°	84°	82°	81°	80°	79°
85°	101°	96°	92°	90°	86°	84°
90°	121°	113°	105°	99°	94°	90°
95°		133°	122°	113°	105°	98°
100°			142°	129°	118°	109°
105°				148°	133°	121°
110°						135°

Heat index	Possible heat disorders:
80°F - 90°F	Fatigue possible with prolonged exposure and physical activity
90°F - 105°F	Sunstroke, heat cramps and heat exhaustion possible
105°F - 130°F	Sunstroke, heat cramps and heat exhaustion likely, heat stroke possible
130° or greater	Heat stroke highly likely with continued exposure

Source: National Weather Service

Staff graphic

The National Weather Service has developed a "Heat Index" to assist in determining the relative temperature and what effects relative temperature may have on the body. The chart above was taken from the California Governor's Office of Emergency Services website.

I grew up in south Florida, known for its warm, tropical waters, coral sand beaches, and ocean side resort communities. One of the characteristics of Florida that makes it a destination spot for northerners seeking relief from the harsh, cold temperatures of

Rounding out the Year

Maj. Alex Kay

Director of Safety, California Wing

At the end of the year, we look back at what we did and make notes for improvements for the coming year. The Wing Safety Team would like to say a big THANK YOU to every member of the Wing. Safety is a way that each individual can contribute to the overall goal of Civil Air Patrol. When every member works to provide a safe environment to perform the missions and functions that CAP does, we can get more done. When a member becomes a Safety Officer, at any level, for any mission or at any event, they take on a responsibility to be a caretaker to aid in performing the duties tasked.

This past year there were a number of changes to the Safety program including going to online reporting of incidents, changes to the Safety Regulations and the National Safety Staff. The changes were embraced. The willingness of everyone, from commanders to safety staff to each member, to be flexible and follow the new procedures was appreciated and helped make the transition smooth.

Wing Safety put on three California Wing Safety Officer Training courses this year. Many thanks to LtCol Phil Laisure Deputy SE/South, Maj. Paul Groff Deputy SE/ North and LtCol Mike Watkins (one of the originators of the class) who took time out of their schedules to arrange and teach these programs. The three sessions, one in the south and two up north were well attended and everyone took away new lessons in what being a Safety Officer means. Feedback from the sessions was positive and inspiring. Changes were made by Wing and now the materials are provided online before the course eliminating any fee to attendees.

Communications between the Wing Director of Safety and the Group Safety officers was facilitated this year through a number of conference calls where information was not only shared from Wing but gave the Group Safety officers a chance to communicate issues that they and their squadrons might be having. Also, the California Wing Safety Bulletin was published quarterly in the past year. The publication delivers messages from the Wing Commander, Director of Safety and others providing information and a resource for Safety Officers to share with their squadrons.

A Bird's Eye View on Safety Con't from Page 1

the northeast and Midwest winters is the sun and the warm temperatures it brings.

As a child growing up in a hot, humid tropical climate, I learned early on how to identify potentially deadly climatic conditions. Heat injuries are life threatening. Hot, humid conditions work against the body's natural cooling efforts by preventing the evaporation of perspiration from the skin; the higher the heat and higher the humidity, the more dangerous the conditions. These conditions are not only found in Florida but also occur in California. At this time of year, with children returning to school, we frequently think of summer as having come to an end but the reality is the warm weather continues to be with us and will probably remain with us for the next couple of months.

As a disclaimer, I want to emphasize I am not a physician, nurse or other medical practitioner but have been trained in emergency first aid by the American Red Cross and the US Army, having considerable experience and training in dealing with heat injuries. During my first encampment as a CAP cadet in the swampland of the Florida Everglades, we experienced extremely high temperatures and high humidity. A number of cadets and staff were victims of heat related injuries, requiring a number of us who had recently completed Red Cross first aid training to assist the medical staff with the increasing number of heat casualties. At one point we had over a dozen cadets and staff members in the encampment infirmary, a number of the injured requiring submersion in ice baths and intravenous fluids. The Encampment Medical Officer immediately requested emergency medical assistance from the local Emergency Medical Services and US Air Force medical facilities at Homestead AFB.

Rounding out the Year Con't from Page 1

Plans continue to be made for the coming year. Plans for continuing the Safety Officer Training Courses are in progress. Wing Safety wants to express that they are always willing to work with all members if they have safety questions or concerns. Communication is important and we want to continue the conference calls and the publication of the safety bulletin. We want to address any safety trends that may be happening and for that we need the vigilance of the members in doing accurate reporting not only of mishaps and incidents but of potential problems using the channels offered.

We also look forward to membership input. Wing Safety would like to remind members that the National Safety Program CAPSafe is active and in effect. Each member is to send a safety idea monthly to the National Safety Office. Please copy your ideas to CAPSafe@cawg.cap.gov. The Wing Safety Officers want to see your ideas and want to incorporate them into the safety bulletin. As members of California Wing, you are the Wing's eyes and ears on the ground and in the air over California. It is often said that the CAP's best resource is its members. It is true in Safety. While doing missions, meeting at squadron and group and being out in the public, CAP members practice what is necessary to keep safe and Wing would be grateful for any tips and tricks to share.

Maile also wants to mention that the Bulletin is always looking for articles. Any safety topic is welcome, 500 to 1500 words is ideal. Please send those to the safety e-mail below.

Please remember the door to the safety office is always open, if you are not able to stop by Wing during a meeting night, an e-mail to Safety@cawg.cap.gov will always be read and responded to. Thank you again for a great year. Please help us make the next one even better, even safer.



Are You Prepared to Handle A Fire Emergency?

By Denise Van Loo

So far in California over 1,800 fires have burned over 600,000 acres and there is no relief in sight. It takes only a few seconds for a fire to ignite and quickly spread. Are you prepared to handle a fire emergency? Advance planning is key to all home and business owners to ensure the best possible outcome possible for short and long-term. Planning ahead will save you time and money. It will also save you countless hours of aggravation and frustration in the unfortunate event of having to rebuild your life and business.

Emergency Evacuation Inventory – Take time to think about what items you will need to take with you. Write a list of high priority items (and their locations) that you would take if you only had ten minutes to evacuate. Having a list will shorten the time it will take to evacuate.

Remember, you may have to carry everything in only one trip to the car. Some of the items to remember are:

- Medications in original bottles
- Pets, pet food and pet medication
- Financial Records
- Photos
- Computer
- Clothes
- Flashlight

Choose a place to meet – Have a pre-designated location to meet in case of evacuation. Once you have evacuated your home or office, make sure

Fire Emergency Con't from Page 2

everyone has been accounted for. DO NOT go back into a burning building to make rescues. Others may have run to another exit

Detailed inventory — Homeowners or tenants: have a detailed room by room inventory. At the very least, have video or digital images of items in each room. Don't forget items inside closets, cupboards, attics, garages, and storage units. An inventory of all items in and around your home is important. First, it helps you determine the amount of insurance you should carry, and second, it helps you get your things replaced (or returned) if destroyed.

If you are in a high fire-danger area and have a pool, it might be wise to invest in a gas-powered water pump and fire hose.

Place to stay — Do you have a place to stay until you can get back to your home? Have a plan of where you and your family will stay until it is safe to return.

Business Owners:

Create an emergency contact list, including employee emergency-contact information.

Plan what actions the company would need to take in the event the building is unusable. There are companies that can create plans to assist your company to get up and running within a matter of days.

Set up a telephone call tree, password protected page on the company Web site, e-mail alert, or call-in voice recording to communicate with employees in an emergency.

Maintain a detailed list of equipment, furniture, tenant improvements and stock. Have your computer data regularly backed up and stored at a separate location.

Review your insurance coverage with your L/B/W account manager to be sure your policy will fully cover any losses.

WANTED!!

Safety Articles for the California Wing Safety Bulletin

Please Submit to:

SAFETY@CAWG.CAP.GOV

All safety topics needed, air ops, group ops, training, mission safety, personal safety.

Safety Officer 101

By Maile Bloxsom

The end of the year is always such a busy time for all. Starting as early as October, families start gathering together to spend time with one another as the holidays hit with a one-two boxing combination. . .or for some families with many more hits than just two.

What may make the safety presentation easier, or perhaps more difficult for the safety officer is trying to decide which topics of safety to cover during this time. While safety briefings should be informative, cover a relevant topic and cover adequate material, safety officers can provide more.

- Encourage another member to do a 5 minute presentation during each meeting during the month on a small safety related topic, even if it is just providing a topic and a website or location where more information can be found.
- Provide a list of topics and have members go on a research scavenger hunt to find one or more articles during the week on one of these topics.
- Get member input on what topics they may want covered during this time period.

Here is a reference list for holiday safety ideas:

General Holiday Safety Topics—Holiday Stress and Depression, Holiday Traveling—Driving/Flying/Being a Tourist, Childproofing (Guest-proofing) your Home,

Halloween Safety—Costumes, Trick or Treating, Being Safe at Halloween Parties, Pedestrian Safety

Thanksgiving Safety—Proper Food Preparation and Storage

Christmas Safety—Holiday lights, Tree Safety

Cold Weather Safety—Flying in Cold Weather, Frostbite and Cold related injuries, Car maintenance for cold weather, Winter Sport Safety (Skiing, Snowmobiling, etc.)

Have a Happy and Safety Holiday Season.